



CITY OF BRIDGEPORT
OFFICE OF LABOR RELATIONS

45 Lyon Terrace, Bridgeport, Connecticut 06604-4023 Tel: (203) 576-7610

Joseph P. Ganim
Mayor

Janene Hawkins
Director, Office of Labor Relations

DATE: November 29, 2017
TO: City of Bridgeport Employees
FROM: Janene Hawkins, Director
RE: Employee Assistance Program

From time to time, many of us may have experienced circumstances that can affect both our professional and personal lives. As a municipal employee, through Behavioral Health Consultants, we have access to an Employee Assistance Program (EAP).

This benefit is a free and confidential counseling program available to municipal employees and their immediate family members.

The brochure is attached for a more detailed description of the services provided, along with contact information.

BEHAVIORAL HEALTH CONSULTANTS, LLC

Your Employee Assistance Program. Always there when you need it.

What affects the way you do your job? Just about anything. The job itself, stress, parenting problems, family concerns, relationships, depression, alcohol or drug problems. Just about anything.

That's why the Employee Assistance Program is here. We are here to help you and the members of your immediate family with problems that are affecting your work and your life.



*Confidential, Convenient
and Caring*

No matter what problems you may have EAP professionals understand and can help you to solve them.

Whenever you have a problem, our EAP counselor will work with you with professionalism and in complete confidence.

If you need help...

Just call anytime, 24 hours a day, 7 days a week.

- Between the hours of 8am-5pm on weekdays, the phones are answered by our office staff. At all other times, the phones are answered live by our answering service.
- During normal office hours, our staff will be able to facilitate arrangements for you to meet with a licensed therapist.
- After hours, routine phone calls for an appointment will be returned the next business day between the hours of 8am-5pm.
- ***if you would like to speak with a clinician right away at ANY time, please indicate this to either our office staff or answering service and a clinician will promptly return your call.***

Life at times can be challenging. Often, talking with a professional can help you find a solution.

See for yourself how much a little talk can help.

www.bhcservices.com

Who is eligible?

All employees and members of their immediate families are eligible to use the Employee Assistance Program.

What about the cost?

As an employee benefit, the costs of the EAP visits are fully covered by your employer. There is absolutely no cost to you. When a referral beyond the EAP is needed, we will help you to locate resources that are covered through your insurance program.





Work/Life Benefits

Personal Advantage Work/Life Benefits is an online, interactive content portal that provides information in the form of assessments, videos, quizzes, articles, calculators, and more organized into major life areas like Health, Finance, Legal and Emotional Wellbeing. Personal Advantage can help you manage current and future life events.

**Behavioral Health Consultants, LLC
Employee Assistance Program**

**800-864-2742
203-407-1029**

Another employee benefit provided by your company.

www.bhcservices.com



If it concerns you, it concerns us...

- Stress/Anxiety
 - Marital Problems
 - Family Problems
 - Parenting
 - Divorce
 - Job Conflicts and Tensions
 - Relationships
 - Gambling Problems
 - Family Illness
 - Caring for your parents
 - Financial Worries
 - School Problems
 - Depression
 - Eating Disorders
 - Substance Use or Abuse
 - Legal Stresses
- or any other personal problem

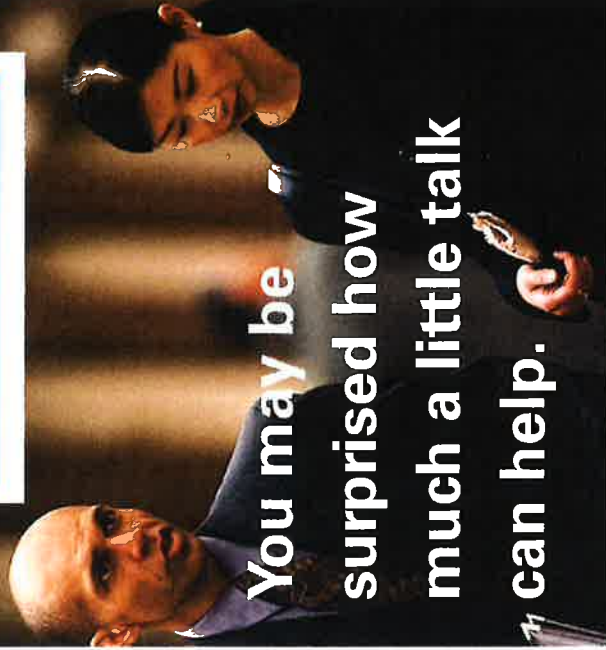
**Find out how much
a little talk can help.**

**Behavioral Health Consultants
Employee Assistance Program**

**203-407-1029
Or Toll Free: 800-864-2742**

Confidential, Convenient and Caring

**BEHAVIORAL
HEALTH CONSULTANTS, LLC**



**You may be
surprised how
much a little talk
can help.**

Your EAP...

*Confidential
Convenient
Caring*